

Tara-Leigh McHugh, Ph.D.

Peer-reviewed publications

*Lead/Senior Author publications are denoted by listing as the *first* or *last* author. Graduate students supervised are underlined.

1. Davenport, M., Nesdoly, A., Ray, L., Khurana, R., Thornton, J., & **McHugh**, T.-L.F. (in press). "Is it realistic?": A qualitative study of the experiences of elite women athletes considering parenthood." *Sports Medicine*.
2. Jørgensen, H., Mosewich, A. D., **McHugh**, T. L. F., & Holt, N. L. (2024). A grounded theory of personal development in high-performance sport environments. *Psychology of Sport and Exercise*, 71, 102568.
3. Bailey, K. A., Bessey, M., Rice, C., Kelly, E., **McHugh**, T.-L. F., Punjani, S., Dube, B., Tshuma, P., Besse, K., Sookpaiboon, S., & Quest, S. (2023). In the wake of Canada's violent eugenic legacies: An urgency to ReVision Fitness. *Leisure/Loisir*. doi: 10.1080/14927713.2023.2291033
4. Bessey, M., Bailey, K.A., Besse, K., Rice, C., Punjani, S., & **McHugh**, T.-L.F. (2023). Revisioning fitness through a relational community of practice: Conditions of possibility for access intimacies and body-becoming pedagogies through art making. *Social Sciences*, 12(10), 584. doi:10.3390/socsci12100584
5. Davenport, M. H., Ray, L., Nesdoly, A., Thornton, J. S., Khurana, R. & **McHugh**, T. L. F. (2023). Filling the evidence void: Exploration of coach and healthcare provider experiences working with pregnant and postpartum elite athletes- a qualitative study. *British Journal of Sports Medicine*, 57(24), 1559-1565.
6. Davenport, M. H., Khurana, R., Thornton, J. S., & **McHugh**, T. L. F. (2023). "It's going to affect our lives, our sport and our career": time to raise the bar for pregnant and postpartum athletes. *British Journal of Sports Medicine*, 57(14), 893-894.
7. Larson, H. K., Young, B. W., **McHugh**, T. L. F., & Rodgers, W. M. (2023). Visual representations of single- and multi-sport participation in a youth swimming sample: Implications for definitions and discussions of early specialization. *PLoS ONE*, 18(9) e0292038.
8. Ray, L., Hopper, T., **McHugh**, T.-L.F. (2023) Therapeutic recreation as a pathway to support mental health in northern Canada: Practitioners Perspectives. *Leisure/Loisir*. doi: 10.1080/14927713.2023.2242865
9. Ray, L., Hopper, T., & **McHugh**, T.-L.F. (2023). "We could just be what we wanted to be": The role of leisure and recreation in supporting women's mental health during COVID-19. *Leisure Studies*. doi:10.1080/02614367.2022.2157465

10. Pankow, K., Mosewich, A. D., **McHugh**, T. F., & Holt, N. L. (2023). A process map of flourishing between the coach and athlete in Canadian university sport. *Qualitative Research in Sport, Exercise and Health*, 15(3), 397-416.
11. Cormier, D. L., Kowalski, K. C., Ferguson, L. J., Mosewich, A. D., **McHugh**, T.-L. F., & Röthlin, P. (2023). Self-compassion in sport: A scoping review. *International Review of Sport and Exercise Psychology*. Advance online publication.
12. Davenport, M. H., Ray, L., Nesdoly, A., Thornton, J., Khurana, R., & **McHugh**, T. L. F. (2023). We're not superhuman, we're human: a qualitative description of elite athletes' experiences of return to sport after childbirth. *Sports Medicine*, 53(1), 269-279.
13. Schreiner, K., Spence, J. C., Davie, J. B., Stearns, J. A., & **McHugh**, T. L. (2023). 'Research is like English as a second dialect': community members' perspectives of promising practices for physical activity-focused community-based participatory research. *Qualitative Research in Sport, Exercise and Health*, 15(2), 280-296
14. Ferguson, L. J., & **McHugh**, T.-L.F. (2022). Using self-compassion to manage difficult sport experiences. *Frontiers for Young Minds*. Doi 10.3389/frym.2022.672376
15. Ferdinands, A.R., **McHugh**, T.L.F., Storey, K. et al. (2022). "We're categorized in these sizes—that's all we are": uncovering the social organization of young women's weight work through media and fashion. *BMC Public Health* 22, 1193.
16. Ferdinands, A. R., **McHugh**, T. L. F., Storey, K., & Raine, K. D. (2022). Reflections on Applying Institutional Ethnography in Participatory Weight Stigma Research with Young Women. *International Journal of Qualitative Methods*, 21, 16094069221100939.
17. Davenport, M. H., Nesdoly, A., Ray, L., Thornton, J. S., Khurana, R., & **McHugh**, T. L. F. (2022). Pushing for change: a qualitative study of the experiences of elite athletes during pregnancy. *British Journal of Sports Medicine*.
18. Larson, H. K., **McHugh**, T. L. F., Young, B. W., & Rodgers, W. M. (2022). Not your average sport parents: How sport scholars make decisions about their own children's sport involvement. *Psychology of Sport and Exercise*, 63, 102282.
19. McCormack, G. R., Spence, J. C., **McHugh**, T. L., & Mummery, W. K. (2022). The effect of neighborhood walkability on changes in physical activity and sedentary behavior during a 12-week pedometer-facilitated intervention. *PLoS one*, 17(12), e0278596
20. Ferdinands, A. R., **McHugh**, T. L. F., Storey, K. E., & Raine, K. D. (2021). The ruling of weight: An institutional ethnography investigating young people's body weight surveillance work. *Social Science & Medicine*, 289, 114404.
21. McCormack, G. R., Nesdoly, A., Ghoneim, D., & **McHugh**, T. L. (2022). 'Cul-de-sacs make you fat': Homebuyer and land developer perceptions of neighbourhood walkability, bikeability, livability, vibrancy, and health. *Cities & Health*, 6(4), 765-776.

22. McFadden, K., **McHugh**, T.-L.F., Rodgers, W., & Berry, T. (2021). Relationships of automatic associations, affect, and outcome expectations with adolescents' impulsive decision to opt into physical activity. *International Journal Sport and Exercise Psychology*. doi:10.1080/1612197X.2021.1993961
23. Ori, E., **McHugh**, T.-L.F., & Berry, T. (2021). A qualitative exploration of exercise blog believability among emerging adult women. *Qualitative Research in Sport and Exercise*.
24. Pankow, K., Mosewich, A. D., **McHugh**, T-L. F., & Holt, N. L. (2021). The role of mental health protection and promotion among flourishing Canadian university sport coaches. *Sport, Exercise, and Performance Psychology*. doi.org/10.1037/spy0000277
25. Kimber, M. L., Meyer, S., **McHugh**, T. L., Thornton, J., Khurana, R., Sivak, A., & Davenport, M. H. (2021). Health outcomes following pregnancy in elite athletes: A systematic review and meta-analysis. *Medicine and Science in Sports and Exercise*, 53(8), 1739-1747. doi:10.1249/mss.0000000000002617
26. Pankow, K., **McHugh**, T-L. F., Mosewich, A. D., & Holt, N. L. (2021). Mental health protective factors among flourishing Canadian women university student-athletes. *Psychology of Sport & Exercise*, 52, 1-9. <https://doi.org/10.1016/j.psychsport.2020.101847>
27. Stearns, J. A., Veugelers, P. J., **McHugh**, T. L., Sprysak, C., & Spence, J. C. (2021). The use of a nonrefundable tax credit to increase children's participation in physical activity in Alberta, Canada. *Journal of Physical Activity and Health*, 18(9), 1067-1073.
28. Hopper, T.D., & **McHugh**, T.-L.F. (2020). Working *with* and engaging *in* sport and recreation research with marginalized youth. *Leisure/Loisir*, 44, 569-586. doi: 10.1080/14927713.2020.1815562.
29. Kebbe, M., Perez, A., Bucholz, A., Scott, S., **McHugh**, T.-L.F., Dyson, M.P., & Gall, G.D.C. (in press). Health care providers' weight management practices for adolescent obesity and alignment with clinical practice guidelines: A multi-centre, qualitative study. *BMC Health Services Research*. doi: 10.1186/s12913-020-05702-8.
30. Larson, H.K., Young, B.W., **McHugh**, T.-L.F., & Rodgers, W. (2021). Participation profiles of current masters swimmers and their (lack of) retrospective associations with youth experiences. *Psychology of Sport & Exercise*. doi:10.1016/j.psychsport.2020.101878
31. Larson, H., Young, B., **McHugh**, T. -L.F., & Rodgers, W. (2020). The relative importance of training volume and coach autonomy support for preventing youth swimming attrition. *Current Issues in Sport Science (CISS)*, 5, 007-007.
32. Lopresti, S., Willows, N., Storey, K., **McHugh**, T.-L.F., & IYMP National Team (2021). Indigenous Youth Mentorship Program: Essential characteristics of a Canadian multi-site community-university partnership with Indigenous communities. *Health Promotion International*. doi: 10.1093/heapro/daab039

33. Lopresti, S., Willows, N., Storey, K., **McHugh**, T.-L.F., & IYMP National Team (2020). Indigenous youth mentorship program (IYMP): Key implementation characteristics of a school mentorship program in Canada. *Health Promotion International*, 36, 913-923. doi:10.1093/heapro/daaa090
34. Lopresti, S., Willows, N., Storey, K., **McHugh**, T.-L.F., & IYMP National Team (2020). Indigenous Youth Mentorship Program: A Descriptive Case Study of Implementation in Alberta, Canada. *Rural and Remote Health*, 20, 5919. doi: 10.22605/RRH5919
35. McCormack, G. R., Nesdoly, A., Ghoneim, D., & **McHugh**, T. L. (2020). Realtors' perceptions of social and physical neighborhood characteristics associated with active living: A Canadian perspective. *International Journal of Environmental Research and Public Health*, 17(23), 9150.10.3390/ijerph17239150
36. Rhodes, R., Guerrero, M., Vanderloo, L.M., Barbeau, K., Birken, C.S., Chaput, J.-P., Faulkner, G., Janssen, I., Madigan, S., Mâsse, L.C., **McHugh**, T.-L., Perdew, M., Stone, K., Shelley, J., Spinks, N., Tamminen, K.A., Tomason, J.R., Ward, H., Welsh, F., & Tremblay, M.S. (2020). Development of a consensus statement on the role of the family in the physical activity, sedentary, and sleep behaviours of children and youth. *International Journal of Behavioral Nutrition and Physical Activity*, 17, 1-31.
37. Wowdzia, J. B., **McHugh**, T. L., Thornton, J., Sivak, A., Mottola, M. F., & Davenport, M. H. (2020). Elite athletes and pregnancy outcomes: A systematic review and meta-analysis. *Medicine and Science in Sports and Exercise*, 53(3), 534-542. 10.1249/mss.0000000000002510
38. Nesdoly, A., Gleddie, D., & **McHugh**, T. L. F. (2021). An exploration of Indigenous peoples' perspectives of physical literacy. *Sport, Education and Society*, 26(3), 295-308. doi:10.1080/13573322.2020.1731793
39. Consoli, A., Nettel-Aguirre, A., Spence, J.C., **McHugh**, T.-L.F., Mummery, K., & McCormack, G. (2020). Associations between objectively-measured and self-reported neighbourhood walkability on adherence and steps during an internet-delivered pedometer intervention. *PLOS ONE*, 15 (20), 1-16. doi:10.1371/journal.pone.0242999
40. Coppola, A.M., Holt, N.L., & **McHugh**, T.-L. F. (2020). Supporting Indigenous youth activity programmes: A community-based participatory research approach. *Qualitative Research in Sport, Exercise and Health*, 12(3), 319-335. doi:10.1080/2159676X.2019.1574880
41. Frentz, D. M., **McHugh**, T.-L. F., & Mosewich, A. D. (2020). Athletes' experiences of shifting from self-critical to self-compassionate approaches within high-performance sport. *Journal of Applied Sport Psychology*, 32(6), 565-584. doi: 10.1080/10413200.2019.1608332

42. Hopper, T., Iwasaki, Y., Walker, G., & **McHugh**, T.-L.F. (2019). "I feel like we finally matter." The role of youth-led approaches in enhancing leisure-induced meaning-making among youth at risk. *Leisure/Loisir*, 43(4), 419-444. doi: 10.1080/14927713.2019.1697351
43. Hudson, B., Spence, J.C., & **McHugh**, T.-L.F. (2020). An exploration of the physical activity experiences of Northern Aboriginal youth: A community-based participatory research project. *Qualitative Research in Sport, Exercise and Health*, 12(1), 108-124. doi:1080/2159676X.2019.1584123
44. Johnson, S., Cross Child, T., Poudrier, J., Foulds, H., **McHugh**, T.-L.F., Humbert, L., & Ferguson, L. (2020). "It's a big adjustment coming from the reserve to living in a totally different society": Exploring the well-being of First Nations athletes playing sports in an urban mainstream context. *Psychology of Sport & Exercise*, 47, 101614. doi:10.1016/j.psychsport.2019.101614
45. Dubnewick, M., Clandinin, J., Lessard, S., & **McHugh**, T.-L.F. (2019). A narrative inquiry into becoming attentive to relational ethics in recreation practice. *Qualitative Research in Sport, Exercise and Health*, 11(5), 636-649. doi:10.1080/2159676X.2019.1591494
46. Hopper, T., Iwasaki, Y., Walker, G., & **McHugh**, T.-L.F. (2019). The role of relationships in meaningfully engaging youth at risk in recreation and leisure contexts. *Child & Youth Services*, 40(3), 245-266. doi:10.1080/1045935X.2019.1568235
47. Kebbe, M., Perez, A., Buchholz, A., **McHugh**, T.-L.F., Scott, S.D., Richard, C., Dyson, M.P., & Ball, G.D.C. (2020). Conversation Cards for Adolescents ©: A patient centered communication and behavior change tool for adolescents with obesity and health care providers. *Journal of Communication in Healthcare: Strategies, Media and Engagement in Global Health*, 13(2), 79-88. doi:10.1080/17538068.2020.1765126
48. Kebbe, M., Farmer, A., Dyson, M.P., Scott, S.D., **McHugh**, T.-L.F., Islam, B., Jacoby, L., Ladha, T., Lappa, S., Nasir, F., Rajani, H., Talwar, K., Wincott, J.L., Zhang, M., Ball, G.D.C. (2019). Feasibility, user experiences, and preliminary effect of *Conversation Cards for Adolescents*® on collaborative goal-setting and behavior change: Protocol for a pilot randomized control trial. *Pilot and Feasibility Studies*, 5(149). doi:10.1186/s40814-019-0533-3
49. Kebbe, M., Perez, A., Buchholz, A., **McHugh**, T.-L.F., Scott, S.D., Richard, C., Dyson, M.P., & Ball, G.D.C. (2019). End-user perspectives to inform policy and program decisions: A qualitative and quantitative content analysis of lifestyle treatment recommendations by adolescents with obesity. *BMC Pediatrics*, 19(418). doi:10.1186/s12887-019-1749-3
50. Kosmenko, N.J., Boule, K.L., Mason, C.W., **McHugh**, T.-L.F., & Strachan, L. (2019). Relevance of an existing knowledge-to-action model to research involving urban Indigenous youth. *PHEnex Journal*, 10 (3), 1-14.

51. McCormack, G.R., McFadden, K., **McHugh**, T.-L.F., Spence, J.C., & Mummery, K. (2019). Barriers and facilitators impacting the experiences of adults participating in an internet-facilitated pedometer intervention. *Psychology of Sport & Exercise*, 45, 101549. doi: 10.1016/j.psychsport.2019.101549
52. Mosewich, A., Ferguson, L., **McHugh**, T.-L.F., & Kowalski, K. C. (2019). Integrating self-compassion in sport. *Journal of Sport Psychology in Action*, 10(4), 235-243. doi:10.1080/21520704.2018.1557774
53. Kebbe, M., Perez, A., Buchholz, A., Scott, S.D., **McHugh**, T.-L.F., Richard, C., Dyson, M.P., Ball, G.D.C. (2019). Adolescents' involvement in decision-making for pediatric weight management: A multi-centre, qualitative study on perspectives of adolescents and health care providers. *Patient Education and Counseling*, 102, 1194-1202, doi:10.1016/j.pec.2019.01.017.
54. Larson, H.K., **McHugh**, T.-L.F., Young, B.W., Rodgers, W.M. (2019). Pathways from youth to masters swimming: Exploring long-term influences of youth swimming experiences. *Psychology of Sport and Exercise*, 41, 12-20, doi:10.1016/j.psychsport.2018.11.007.
55. Larson, H.K., Young, B.W., **McHugh**, T.-L.F., Rodgers, W.M. (2019). Markers of early specialization and their relationships with burnout and dropout in swimming. *Journal of Sport & Exercise Psychology*, 41, 46-54, doi:10.1123/jsep.2018-0305.
56. Mason, C.W., **McHugh**, T.-L.F., Strachan, L., Boule, K. (2019). Urban indigenous youth perspectives on access to physical activity programmes in Canada. *Qualitative Research In Sport Exercise And Health*, 11, 543-558, doi:10.1080/2159676X.2018.1514321.
57. Stearns, J.A., Wohlers, B., **McHugh**, T.-L.F., Kuzik, N., Spence, J.C. (2019). Reliability and Validity of the PLAYfun Tool with Children and Youth in Northern Canada. *Measurement in Physical Education and Exercise Science*, 23, 47-57, doi:10.1080/1091367X.2018.1500368.
58. Ferguson, L.J., Epp, G.B., Wuttunee, K., Dunn, M., **McHugh**, T.-L.F., Humbert, L., & Lessard, S. (2019). "It's more than just performing well in your sport. It's also about being healthy physically, mentally, emotionally, and spiritually": Indigenous women athletes' meanings and experiences of flourishing in sport. *Qualitative Research in Sport, Exercise and Health*, 11, 1-19. doi:10.1080/2159676X.2018.1458332
59. **McHugh**, T.-L.F., Deal, C.J., Blye, C.J., Dimler, A.J., Halpenny, E.A., Sivak, A., & Holt, N.L. (2019). A meta-study of qualitative research examining sport and recreation experiences of Indigenous youth. *Qualitative Health Research*, 29, 42-54. doi:10.1177/104973231875

60. Coppola, A.M., & **McHugh**, T.-L.F. (2018). Considering culturally relevant practices and knowledge-sharing when creating an activity-promoting community research agenda. *Sport, Education and Society*, 23, 14-27. doi:10.1080/13573322.2015.1129942
61. Dubnewick, M., Clandinin, D. J., Lessard, S., & **McHugh**, T.-L.F. (2018). The centrality of reflexivity through narrative beginnings: Towards living reconciliation. *Qualitative Inquiry*, 24, 413-420. doi:10.1177/1077800417727762
62. Dubnewick, M., Hopper, T., Spence, J., & **McHugh**, T.-L.F. (2018). “There’s a cultural pride through our games”: Enhancing the sport experiences of Indigenous youth in Canada through participation in traditional games. *Journal of Sport & Social Issues*, 42, 207-226. doi:10.1177/0193723518758456
63. Kebbe, M., Perez, A., Buchholz, A., **McHugh**, T.-L.F., Scott, S.S., Richard, C., Mohipp, C., Dyson, M.P., & Ball, G.D.C. (2018). Barriers and enablers for adopting lifestyle behavior changes among adolescents with obesity: A multi-centre, qualitative study. *PLoS ONE*, 13, e0209219. doi:10.1371/journal.pone.0209219
64. Larson, H., McFadden, K., **McHugh**, T.-L.F., Berry, T., & Rodgers, W. (2018). When you don't get what you want—and it's really hard: An exploration of motivational factors contributing to exercise dropout. *Psychology of Sport & Exercise*, 37, 59-66. doi:10.1016/j.psychsport.2018.04.006
65. McFadden, K., Berry, T. R., **McHugh**, T.-L.F., & Rodgers, W. M. (2018). What older adolescents expect from physical activity: Implicit cognitions regarding health and appearance outcomes. *Journal of American College Health*, 66, 202-208. doi:10.1080/07448481.2018.1429447
66. Neely, K.C., Dunn, J., **McHugh**, T.-L.F., & Holt, N.L. (2018). Female athletes’ experiences of positive growth following deselection in sport. *Journal of Sport & Exercise Psychology*, 40, 173-185. doi:10.1123/jsep.2017-0136
67. Strachan, L., **McHugh**, T.-L.F., & Mason (2018). Understanding positive youth development in sport through the voices of Indigenous youth. *Journal of Sport & Exercise Psychology*, 40, 293-302. doi:10.1123/jsep.2018-0035
68. Dimler, A.J., McFadden, K., & **McHugh**, T.-L.F. (2017). “I kinda feel like Wonder Woman”: An interpretative phenomenological analysis of pole fitness and positive body image. *Journal of Sport & Exercise Psychology*, 39, 339-351. doi:10.1123/jse.2017-0028
69. Kebbe, M., Damanhoury, S., Browne, N., Dyson, M., **McHugh**, T.-L.F., & Ball, G.D.C. (2017). Barriers to and enablers of healthy lifestyle behaviors of adolescents with obesity: A scoping review and stakeholder consultation. *Obesity Reviews*, 18, 1439-1453. doi:10.1111/obr.12602

70. Larson, H.K., McFadden, K., **McHugh**, T.-L.F., Berry, T.R., & Rodgers, W. M. (2017). You can't always get what you want: Expectations, outcomes, and adherence of new exercisers. *Qualitative Research in Sport, Exercise and Health*, 9, 389-402. doi:10.1080/2159676X.2017.1294103
71. Neely, K. C., **McHugh**, T.-L. F, Dunn, J. G. H., & Holt, N. L. (2017). Athletes and parents coping with deselection in competitive youth sport: A communal coping perspective. *Psychology of Sport and Exercise*, 30, 1-9. doi:10.1016/j.psychsport.2017.01.004
72. Coppola, A.M., Dimler, A., Letendre, T.S., & **McHugh**, T.-L.F. (2017). "We are given a body to walk this earth": The body pride experiences of Aboriginal youth. *Qualitative Research in Sport, Exercise and Health*, 9, 4-17. doi:10.1080/2159676X.2016.1174727
73. Jennings, C.A., Berry, T.R., Carson, V., Culos-Reed, N., Duncan, M.J., Loitz, C. C., McCormack, G., **McHugh**, T.-L.F., Spence, J.C., Vallance, J.K., & Mummery, W.K. (2016). UWALK: The development of a multi-strategy, community-wide physical activity program. *Translational Behavioral Medicine*, 7, 16-27. doi:10.1007/s13142-016-0417-5
74. Sharma, S., Kolahdooz, F., Launier, K., Nader, F., Yi, K.J., Baker, P., **McHugh**, T.-L.F., & Vallianatos, H. (2016). Canadian Indigenous women's perspectives of maternal health and health care services: A systematic review. *Diversity and Equality in Health and Care*, 13, 334-338.
75. Neely, K. C., Dunn, J. G. H., **McHugh**, T.-L.F., & Holt, N. L. (2016). The deselection process in competitive female youth sport. *The Sport Psychologist*, 30, 141-153. doi:10.1123/tsp.2015-0044
76. Schmidt, L., Rempel, G., Murray, T., **McHugh**, T.-L.F., & Vallance, J.K. (2016). Exploring beliefs around physical activity among older adults in rural Canada. *International Journal of Qualitative Studies on Health and Well Being*, 11, 1-8.
77. Iwasaki, Y, Dashora, P., **McHugh**, T.-L.F., McLaughlin, A. M., & Springett, J. (2015). Reflections on the Opportunities and Challenges of Youth Engagement: Youth and Professional Perspectives. *Engaged Scholar Journal*, 1, 36-57.
78. Kentel, J. & **McHugh**, T.-L.F. (2015). "Mean Mugging": An Exploration of Young Aboriginal Women's Experiences of Bullying in Team Sports. *Journal of Sport & Exercise Psychology*, 37, 367-378. doi:10.1123/jsep.2014-0291
79. **McHugh**, T.-L.F., Holt, N.L., & Andersen, C. (2015). Community-based sport research with Indigenous youth. *Retos: Nuevas tendencias en Educacion Fisica, Deporte y Recreacion*, 28, 219-224.
80. **McHugh**, T.-L.F., Coppola, A.M., Holt, N.L., & Andersen, C. (2015). "Sport is community:" An exploration of urban Aboriginal peoples' meanings of community within

the context of sport. *Psychology of Sport & Exercise*, 18, 75-84.
doi:10.1016/j.psychsport.2015.01.005

81. Iwasaki, Y., Springett, J., Dashora, P., McLaughlin, A.M., **McHugh**, T.-L.F., & Youth 4 YEG (2014). Youth-guided youth engagement: Participatory action research (PAR) with high-risk, marginalized youth. *Child & Youth Services*, 35, 316-342.
82. **McHugh**, T.-L.F., Coppola, A.M., & Sabiston, C. M. (2014). "I'm thankful for being Native and my body is part of that": The body pride experiences of young Aboriginal women in Canada. *Body Image: An International Journal of Research*, 11, 318-327.
doi:10.1016/j.bodyim.2014.05.004
83. Holt, N. L., **McHugh**, T.-L.F., Tink, L., Kingsley, B., Coppola, A.M., & Neely, K. (2013). Developing sport based after school programmes using a participatory action research approach. *Qualitative Research in Sport, Exercise and Health*, 5, 332-355. doi: 10.1080/2159676X.2013.809377
84. **McHugh**, T.-L.F., Coppola, A.M., & Sinclair, S. (2013). An exploration of the meanings of sport to urban Aboriginal youth: A photovoice approach. *Qualitative Research in Sport, Exercise and Health*, 5, 291-311. doi:10.1080/2159676X.2013.819375
85. **McHugh**, T.-L.F., Kingsley, B., & Coppola, A.M. (2013). Research questions that matter: Engaging Aboriginal youth in the research process. *Pimatisiwin*, 11, 293-305.
86. Pankratow, M., Berry, T.R., & **McHugh**, T.-L.F. (2013). Effects of reading exercise magazine articles on college females' exercise-related cognitions. *PLOS ONE*, 8, e6 1894.
doi:10.1371/journal.pone.0061894
87. Kirk, S.F.L., Penney, T.L., **McHugh**, T.-L.F, & Sharma, A.M. (2012). Effective and promising practices for attainment and maintenance of healthy weights. *International Journal of Obesity*, 36, 178-185. doi:10.1038/ijo.2011.80
88. Wadsworth, L.A., **McHugh**, T.-L.F., Campagna, P.D., Durant, M.A., Rehman, L.A., Murphy, R.J., & Thompson, A.M. (2012). Dietary intake of youth in grades 7 and 11 in Nova Scotia. *Canadian Journal of Dietetic Practice and Research*, 73,14-20.
89. Alvaro, C., Jackson, L., Kirk, S., **McHugh**, T.-L., Chircop, A., Hughes, J., & Lyons, R. (2011). Moving governmental policies beyond a focus on individual lifestyle: Some insights from complexity and critical theories. *Health Promotion International*, 26, 91-99.
doi:10.1093/heapro/daq052
90. **McHugh**, T.-L.F. (2011). Physical activity experiences of Aboriginal youth. *Native Studies Review*, 20, 7-26.

91. **McHugh**, T.-L.F. & Kowalski, K.C. (2011). "A new view of body image": A school-based participatory action research project with young Aboriginal women. *Action Research*, 9, 220-241. doi: 10.1177/1476750310388052
92. Berry, K.A., Kowalski, K. C., Besenski, L.J., & **McHugh**, T.-L.F. (2010). An empirical phenomenology of young adult women exercisers' body self-compassion. *Qualitative Research in Sport & Exercise*, 2, 293-312.
93. Grant, J.L., MacKay, K.C., Manuel, P.M., & **McHugh**, T.-L.F. (2010). Barriers to optimizing investments in the built environment to reduce youth obesity: Policy maker perspectives. *Canadian Journal of Public Health*, 101, 237-240.
94. Magnus, C.M.R., Kowalski, K.C., & **McHugh**, T.-L.F. (2010). The role of self-compassion in women's self-determined motives to exercise and exercise-related outcomes. *Self & Identity*, 9, 363-382. doi:10.1080/15298860903135073
95. **Fleming**, T.-L., & Kowalski, K.C. (2009). Body-related experiences of rural Aboriginal women. *Journal of Aboriginal Health*, 4, 44-51.
96. Kirk, S.F.L., Penney, T.L., & **McHugh**, T.-L.F. (2009). Characterizing the obesogenic environment: The state of the evidence with directions for future research. *Obesity Reviews*, 11, 109-117. doi:10.1111/j.1467-789X.2009.00611.x
97. **McHugh**, T.-L.F. & Kowalski, K. (2009). Lessons learned: Participatory action research with young Aboriginal women. *Pimatisiwin*, 7, 117-131.
98. Mosewich, A.D., Vangool, A.B., Kowalski, K.C., & **McHugh**, T.-L.F. (2009). Exploring women track and field athletes' meanings of muscularity. *Journal of Applied Sport Psychology*, 21, 99-115. doi:10.1080/10413200802575742
99. Thompson, A.M., **McHugh**, T.-L.F., Blanchard, C., Campagna, P.D., Durant, M.A., Rehman, L.A., Murphy, R.J., & Wadsworth, L.A (2009). Physical activity of children and youth in Nova Scotia: A comparison of 2001/02 and 2005/06. *Preventative Medicine*, 48, 407-409. doi: 10.1016/j.ypmed.2009.09.009
100. **McHugh**, T.-L.F., Kowalski, K.C., Mack, D.E., Crocker, P.R.E., Junkin, S.E., Lejbak, L.K., & Martin, S. (2008). Young women's experiences of social physique anxiety. *Feminism & Psychology*, 18, 231- 252. doi:10.1177/0959353507088593
101. **Fleming**, T.-L., Kowalski, K.C., Humbert, M.L., Fagan, K.R., Cannon, M.J., & Girolami, T. (2006). Body- related emotional experiences of young Aboriginal women. *Qualitative Health Research*, 16, 517- 537. doi: 10.1177/1049732306286846
102. Kowalski, K.C., Mack, D.E., Crocker, P.R.E., Niefer, C.B., & **Fleming**, T.-L. (2006). Coping with social physique anxiety in adolescence. *Journal of Adolescent Health*, 39, 275.e9-275.e16. doi: 10.1016/j.adohealth.2005.12.015

